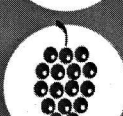


Tikil Gomen – Ethiopian Cabbage

Makes 4 servings



- 2 tablespoons olive oil
- 2 carrots, thinly sliced
- 1 onion, thinly sliced
- 2 cloves garlic, minced
- 1/2 teaspoon ginger, minced
- 1/2 teaspoon ground turmeric
- 1 teaspoon sea salt (optional)
- 1/2 teaspoon ground black pepper
- 1/2 head green or savoy cabbage, shredded
- 3 potatoes (such as Yukon Gold), peeled and cut into 1-inch cubes
- 1 small green bell pepper, chopped

1. Heat the olive oil in a skillet over medium heat.
2. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the garlic, ginger, cumin, turmeric, salt (if using), pepper and cabbage and cook another 15 to 20 minutes.
3. Add the potatoes and green pepper; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.
4. Serve with injera, basmati rice, or mesir wat.

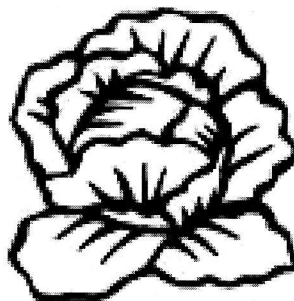


Eat Better, Feel Better is a school-based, community partnership that creates healthier school environments through healthy eating and active living.

**EAT BETTER,
FEEL BETTER**

Kids can help by:

- Gathering ingredients
- Chopping vegetables
- Measuring spices
- Adding everything to the pot
- Stirring together
- Help with clean up



Nutrition Facts

Serving size: 1/4 of recipe (364g)
Servings Per Recipe 4

Amount Per Serving	
Calories 245	Cal. from Fat 64
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	4%
Trans Fats 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 43g	15%
Dietary Fiber 6g	25%
Sugars 8g	
Protein 6g	
Vitamin A 125%	Vitamin C 145%
Calcium 10%	Iron 15%

* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.